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TRAITS OF A CHAMPIONSHIP MINDSET

You're a choice away from a new beginning
and a commitment away from a new life.

Trent Shelton

COMMITMENT

"Commitment should not be just about setting a goal, but living by a standard. A goal is something you reach, a standard is something you live by."

Commitment should not be just about setting a goal, but living by a standard. A goal is something you reach. A standard is something you live by. I map my goals using what I call a 3D Roadmap: **Destination, Direction, and Drive**.

Destination: Set this by using the reason for your commitment. If you do not have clarity of that reason, you are going to live life aimlessly, and always find yourself back struggling with commitment.

Direction: Most people have vision, but they do not know how to get where they want to go. You are trying to find somewhere without any known point. So find a mentor, study, read... whatever it takes to get direction to get there.

Drive: Most people do not get to where they want to be because they do not have drive. Champions have that drive and will push to reach their destination.

Staying committed means being willing to be uncomfortable. The truth is, in life you are going to be uncomfortable regardless. Outside your comfort zone is where change takes place, and that change leads to the next trait.

2 DISCIPLINE

"Become intentional about your life. Start putting yourself in the right environments. Develop better daily habits and routines."

How do you build your growth environment? Remove the bad seeds.

In order to level up, you have to subtract your distractions and you know what those are. Failure to remove the root issue and dig up those bad seeds will affect you negatively. *It's like cancer.* In sports, we used to say that if you keep even the smallest cancer on the team, (a person who is negative and always complaining) then that cancer is going to spread. It's the same thing for your life. Get the mindsets away from you that don't serve and help you. Remove the people who don't add value to your life. **Sometimes the best way to add to your life is to subtract from it.** Plant new seeds.

Become intentional about your life. Start putting yourself in the right environments to develop better daily habits and routines. Lastly, water those seeds. *Recruit the mindsets that make you better.* I purposely put myself in environments where I know I'm the least accomplished. If I'm in that environment, I will have no choice but to grow. If there is someone that is at a higher fitness level, I make sure to spend time around that person. If there is somebody better at business than me or someone whose built a family structure that I admire, I spend time around that person. You have decided to commit yourself and build your growth environment; so now what? Apply these traits every day.

3 CONSISTENCY

"It is not enough to be committed and disciplined if you are not consistent. Working at your goal sometimes is not going to change your life, you have to show up regardless of how you feel."

Anchor your actions in greatness so that on a daily basis you produce nothing less than your very best. It is not enough to be committed and disciplined if you are not consistent. Think of a weight loss journey. You can be committed to your purpose of getting healthier, but still only work out sometimes. You can replace all the junk food in your pantry with healthy options, but still only eat right sometimes. Sometimes might be only when you are inspired or motivated. And sometimes is not going to get you results. Sometimes is not going to change your life. **You have to show up regardless of how it feels.**

I know that some people reading this think they are not a consistent person, but they try their best. The misconception is that you may think you have a consistency problem - when actually it is a lack of commitment. You are probably very consistent. Think about everything you have been consistent about within your everyday life. You were consistent in going to school. You have been consistent in going to a job every day. You have been consistent in taking care of your kids. The reason you have been consistent is that you understand the cost if you do not show up.

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FAITH

"Trust the process. What you are working on is not going to change immediately. Champions understand that the process must be trusted."

Believe the odds are beatable even when the odds say it is impossible.

Trust the process. What you are working on is not going to change immediately. Yes, you have been going through the pain, putting in the work, and you keep doing it. But you don't necessarily know when the winning moment will come.

A gardener has faith in the process of gardening. They know they need to plant the seed, take care of it and be patient. Have faith like the gardener and know that if you do the work necessary, stay committed and consistent, then at some point the results will show up. At some point, everything will change. Nothing happens overnight, but everything can change overnight. Be ready.

Champions understand that the process must be trusted. You cannot take shortcuts in the process. Some of us want to get there so fast. However, the definition of the gardener's mindset is this: "You have to know growth is taking place even though you cannot see it." You must trust that you are doing the right thing although you cannot physically see it. One day this work will all pay off.

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HEART

"Find the strength to give more, even when everything else in your mind is saying you have nothing left. Heart is looking at life like a marathon."

Find the strength to give more even when everything else in your mind is telling you that you have nothing left. Heart is looking at life like a marathon. Those who win marathons use each one of these traits in the race. They were committed. They trained and eliminated distractions. They know they can't sprint to an easy win, so they put faith in every step, until toward the very end they have to pull from everything they have to get through the finish line. You will reach that point where you have done everything you can, your back is against the wall, and you feel like you have nothing left to give. This is the moment you break through, and create new limits you did not think possible.

That is what heart is all about. It's saying, "I am giving my all to this no matter what it is; no matter what it looks like, I'm going to keep pushing." *Heart is also about staying true to yourself.* When you go through all the ups and downs that you have and you finally reach success, it is easy to become hardened. Many people reach success and start to live for the things that don't matter. Once you reach success, don't let the image of what success looks like for you, define you. Don't let success define you. Do not lose yourself and leave everything behind to get where you are. I take pride in living in the moment. I take pride in coaching my son's football team. I take pride in living offline. **In all the success I have, I am still me.**